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TATTLER

A close-up photograph of a woman's face and arms. She has green eyes, dark eye makeup, and pink lips. Her skin is covered in colorful geometric tattoos, including circles, pentagons, and hexagons in shades of orange, green, red, and purple. The tattoos are connected by thin black lines, resembling a molecular or network structure.

DIARY OF A
FACELIFT

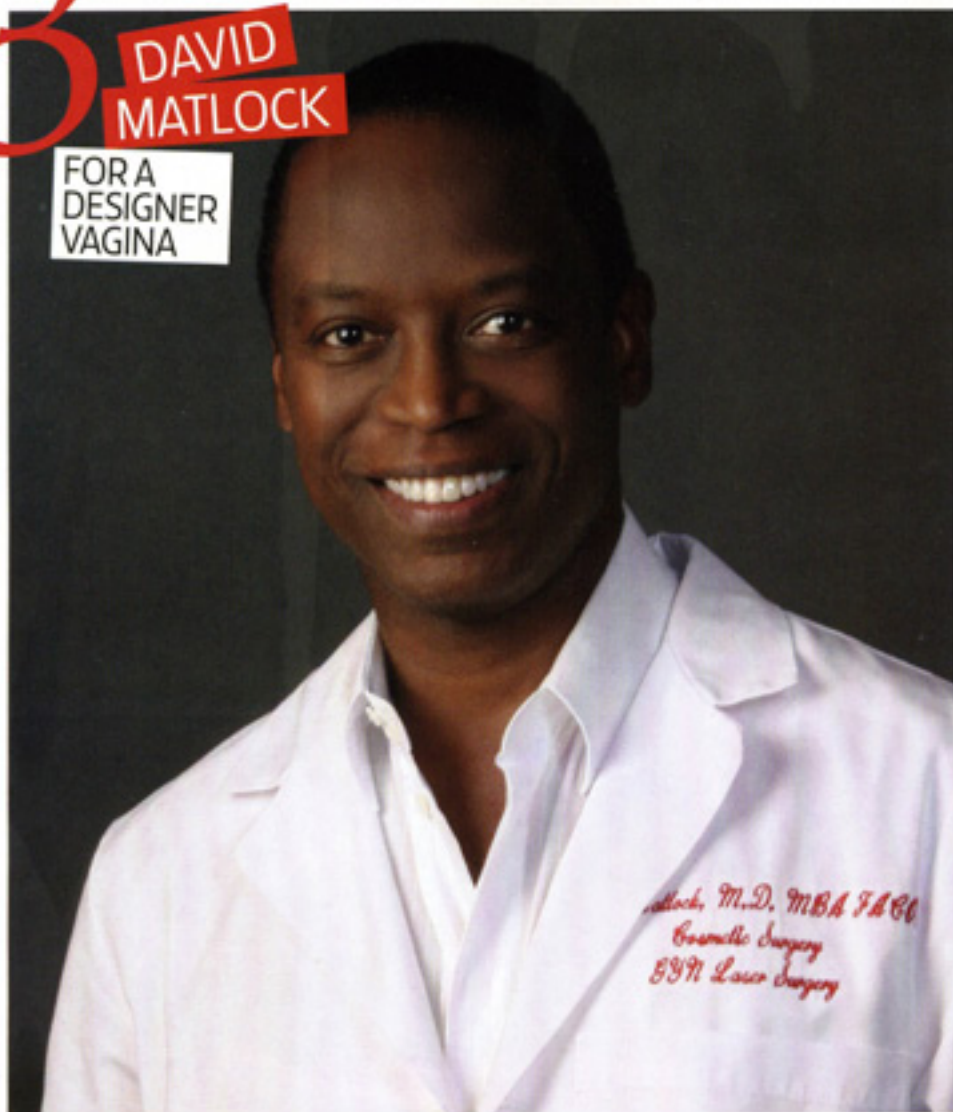
HOLLYWOOD STARS
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BEAUTY
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GUIDE 2009

3 DAVID MATLOCK

FOR A DESIGNER VAGINA



AFTER SURGERY, HUSBANDS TELL ME: I HAVE THE SAME WIFE BUT A NEW WOMAN

◁ Caesareans can require it. Matlock explains that as a result of childbirth the vaginal muscles are pulled apart, causing a slackening and loss of support which, as well as medical issues like incontinence, can cause many women's sex lives to suffer. His pioneering procedure uses a laser to open up the lining of the vagina so he can suture the muscles more tightly together. He also works on the opening of the vagina to remove excess skin from the perineum to increase vaginal muscle tone. He claims he can make you feel as tight as a teenager.

Currently Dr Matlock sees 10 patients a month from the UK but he tells me this

figure is on the rise: 'Vaginal surgery is pretty mainstream here. I think you are roughly 10 years behind us so it's about to become huge.' He seems amused by British women's shyness on the subject: 'You British girls are so conservative. I had two women from the UK in pre-op last summer and asked if they would like to meet each other. I have never seen such a look of horror as they both politely said, "No thank you."'

Dr Matlock explains his slick system that accommodates out-of-towners. Women who fly in from the UK for the procedure usually stay four days. 'We start the ball rolling when they are at home, as they can have a consultation on the phone and get all the preliminary bloodwork done in the UK. When they arrive they come straight from the airport to consult with me and sign the forms and are in surgery the next morning. We have nurses to pick you up and bring you to surgery and care for you afterwards in your hotel room or in a specific aftercare centre. We insist you have a nurse with you on the first day after surgery. Initially there is no pain because I prescribe strong pain medication, sedatives and antibiotics. Most women go back to work seven days after surgery and are having sex again after six weeks. Husbands often tell me, "Doctor, I have the same wife but a new woman."'

From the private to the public – one thing that is clearly visible in this town is boobs. They are perky, they are pneumatic, they are everywhere – squeezing out of skimpy bikini tops. I've been reliably informed that there is only one man to talk to if you are considering a lift or adding a few extra cup sizes: Garth Fisher, the self-styled king of the breast. A-list actresses, cheerleaders, Las Vegas showgirls and housewives all worship him. His business took off many years ago when word got round he was responsible for porn queen Jenna Jameson's perfect boobs and since then he has done nearly 10,000 procedures, averaging about 500 a year. 'It's a lot easier for me to fix breasts than fix my cereal in the morning,' he jokes.

Unlike the other surgeons (who I've noticed have small delicate hands), Garth is built like an American football player with a handshake that could choke a bear. 'I'm not heavy-handed in the operating room, though,' he assures me. He prides himself on his attention to detail: 'I'm the kind of person who, if I were cleaning your car, would be out there with a toothbrush cleansing the spokes of the wheels. It's all about my technique. I use both silicone and saline implants depending on what the patient wants, and place the top half of the implant under the muscle of the chest ▷



4 GARTH FISHER
FOR THE PERFECT PAIR OF BREASTS

THEY ARE PERKY, THEY ARE PNEUMATIC – BOOBS ARE EVERYWHERE HERE

◁ and the bottom half on top of the muscle, so it sits really naturally. If you put the whole implant under the muscle it pinches the cleavage and kicks the implant up and out so you get an unnatural bowling-ball look.' Like his colleagues, Garth has his own operating theatre and all his procedures are virtually bloodless: 'I only need one Kleenex to wipe up afterwards.' When it comes to breastlifts, Garth tells me he doesn't remove the nipple as you get terrible scarring. Instead he makes a tiny incision right at the junction where the pigment of the skin meets the nipple so you don't see the scar. He prides himself on working with the best anaesthetist, Dr Edward Akkaway: 'An anaesthetist is like a bartender – it's all about the way he mixes them.'

My final appointment is with surgeon Brian Novack. He is Hollywood's hot ticket thanks to the fact he seems to possess a supernatural power to defy gravity; it is rumoured he's the man behind Demi Moore's fresh-looking face. When I ask him how much one of his facelifts costs, he calmly tells me prices start at £60,000. 'I don't like the word facelift, it's an old term. I call it facial rejuvenation,' he says. 'Plastic surgery used to be about subtraction, pulling, tightening and removing; now it's about adding.' Novack's big thing is fat transfer – a procedure that involves harvesting fat from well-padded areas of the body (bums and tums) and injecting it into the face. He ▷



Preventative potions

1 Stoke Park Club Vitamin E Line Serum, £46, acts like a multivitamin for the skin. **2** Christian Dior Radiance Enhancer Resurfacing Peel, £57, works in one minute to oxygenate the skin and shed dead cells. **3** SkinCeuticals Phloretin CF, £128. Phloretin is an antioxidant derived

from apples that targets age spots and wrinkles. **4** Chanel Hydramax+ Active Serum, £51, fills fine lines and also quenches parched skin with extracts from the carob tree. **5** CellCeuticals Regenerative Skin Treatment, £60. A type of amino acid, lipopeptide, plumps skin and kills the

bacteria that causes spots. **6** Bliss Peeling Groovy, £48, uses a new generation of non-irritating acids to gently renew skin while you sleep. **7** Kiehl's Highly Efficient Skin-Tone Corrector, £39, lightens brown spots. **8** Elizabeth Arden Intervene Timefighting Radiance

Serum, £42, calms skin and shrinks pores with an extract from the narcissus bulb. **9** Elizabeth Arden Prevenge Eye Anti-Ageing Moisturizing Treatment, £75. Eight hours' sleep in a bottle. **10** Clinique Youth Surge, £28, activates sirtuins, our longevity genes. **11** Givenchy Peel Me Perfectly,

£25, is a complete skin MOT. **12** Caudalie Pulpe Vitaminée 1st Wrinkle Serum, £34, contains antioxidant grapeseed extracts from Caudalie's vineyard near Bordeaux. **13** Prescriptives Super Line Preventor Xtreme, £35, is a roll-on gel that irons out wrinkles. □